



Symmetry - Living an Empowered Life From the Inside Out

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THERE IS NO POWER GREATER THAN THE DIVINE LOVE WHICH LIES WITHIN YOU!

From "God, this is a good book!"

You Create Your World
by Ann Marie

My mind searched for understanding,
and I drifted into the Peace.
The answer came as I began to write.

There is a time for all things.
The time is now to let go of old doubts and judgments,
to forget past events and beliefs
and see for yourself that things have changed.

Are you ready to be in the moment,
to let go of the belief that the past affects the future,
to understand that thought determines everything,
to manifest the desires of your heart?

Your doubts and indecision have created your limitations.
Fears and judgments have suppressed your creative energy.
Are you ready to let them go...and be free?

Worry is meditating on the negative...increasing every moment
that you share negative thoughts or accept them from others.
Old patterns are erased by acknowledging the magical moments in your life,
and taking a few moments to focus on the joy and love within.

Like being bathed in a balm of peace,
washing away embedded fears to birth new ideas into conscious thoughts,
breaking out of limitation to set creative energy free.

You have created the world you live in.
Now is the time to manifest one you desire.

**This publication is available on the 1st of each month at:
www.symmetry.nu and www.harmonicsinternational.com
Please feel free to print or copy this publication and forward to a friend!**

The Rhythm of Creativity

by Ann Marie Work

Creativity is the fire of Life.

It is the action of manifesting your joy.

Creativity moves through your being like a flickering flame moving stagnation and limitation out of the way to allow the creative flow of ideas to be put forth and manifest. It is the movement of life within each cell to produce energy for your whole being. This rhythm enhances function, production, reproduction, efficiency and vitality in all areas of your life.

Creativity moves into action when you love yourself enough to follow your dreams, even when others fail to have faith in you. Your creative energies flow when you believe in yourself. It is the vitality and enthusiasm that rise within you when you say, “I can”, “Anything is possible” or “I’ll give it a try, let’s see what happens”. It is that place where you push fear and lack of self worth aside and move forward to fulfill your thoughts and dreams. It is within this rhythm that spontaneous thought and ideas pour forth. This rhythm provides the masterpieces of the world as well as the smallest creative endeavors. It is the creative energy which moves thought into action. When you are stuck on a project, it removes the blockages and stagnation allowing for a free flow of energy from the mind into the brain. It brings life to everything it touches, releasing limitation and opening the potential within. It can give an unexpected flourish to everyday tasks or be the moment of faith that changes your life.

This is the energy of excitement and jubilation. The movement of this energy within you magnetically attracts people, events, situations and coincidences into your life which inspire, uplift and encourage your potential and your delight in life. It uplifts you to accept or give appreciation, admiration, and respect. It allows you to feel creative, empowered, sensual, delighted and radiantly alive. The Rhythm of Creativity is the spark of love igniting life in, around and through your being. One way to ignite this fire is with the action of rejoicing. Be thankful for what you have and rejoice with others about what is happening, or what they wish to happen in their lives.

Your creative thoughts form your life and your world.

It is the movement of this rhythm

which determines your level of rejuvenation, creativity and passion for life.

The Rhythm of Creativity awakens the Fire of Life within you.

As you move in your Rhythm of Creativity you:

- Enhance rejuvenation and youthfulness.
- Awaken your creative energies.
- Increase your vitality and productivity.
- Enhance your relationships.
- Restore and balance your reproductive system.
- Transmute the emotions of grief, shame, guilt and lack of self-worth.
- Revitalize your life according to your desires.

Symmetry Courses

DISCOVER THE SIMPLICITY OF HEALING

Discover the Power of the Breath of Life – Your Breath empowers your life.

♥ Change suppression, distress and degeneration into vitality, stability and rejuvenation.

Discover the Power of your Mind - Your thoughts create your world.

♥ Change your reactions to stress and control patterns - Discover and move into your potential.

Discover the Power of the Word – Your words define your reality.

♥ Your words determine your direction. Magnetically attract prosperity and fulfillment into your life.

Discover the Power of the Rhythms of Life – Your Rhythms are the foundation of your life.

♥ Restore your natural pulses and rhythms of life - Enhance your level of wellness in all areas of life.

Peace, Joy and Harmony are your foundational Rhythms of Life

- **Peace** is the conscious awareness of Divine Love in all things.
In peace you discover and acknowledge the magnificence of Divine Love within as you embrace and transform your judgments of yourself and others.
- **Joy** is the creative movement of Divine Love in all things.
In joy you express the magnificence of the Divine Love within as you embrace and transform your fears.
- **Harmony** is the fulfillment of Divine Love in action.
In harmony you live in the magnificence of the Divine Love within as you embrace and transform your limitations and claim your power.

ANN MARIE WORK IS CURRENTLY PLANNING HER SCHEDULE FOR 2008.

If you would like to sponsor a class in your area, call Dianne at 1-888-479-6638

Blessings

At this time of year we reflect on our many blessings.

As you embrace the Divine Love within
and the magnificence of Divine Love throughout all of creation,
allow Peace to fully enter all of your Being,
Joy to sparkle into every aspect of your life
and Harmony to Breathe freely into every moment of your day.

Thank you for the Love you have shared with us.
We wish for you Love and Blessings for a magnificent New Year.

*From Symmetry and Harmonics International
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